



THE BEACON

NOVEMBER 2003

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SIX QUALITIES OF STRONG FAMILIES

Commitment: The foundation on which strong families are built.

Appreciation: Genuine compliments bring about good feelings and bolster self-esteem.

Communication: Effective communication skills help during conflict.

Time Together: Recognize the family needs quality time in order to flourish.

Spiritual Wellness: Whether they go to religious services or not, strong family members have a sense of a greater good or higher power in life, and that belief gives them strength and purpose.

Coping Ability: Members of strong families are able to view stress or crisis as an opportunity to grow.

MONTH OF THE MILITARY FAMILY




One of the most important components of a strong and healthy family is the ability to communicate well with each other. Nothing brings people together like honest, open discussions about the good and the bad things; questions and concerns should be encouraged without fear of criticism, judgment or ridicule.

The month of November is recognized as the “Month of the Military Family”. Many military families face different situations with mobility, long separations, and the thought of being called into conflict at a minute’s notice as common stressors. America’s military families support a force that is truly ready and effective, and believe in the mission and provide support.

The Fleet and Family Support Center (FFSC) is a valuable resource for the military family as well as for the single military member. Many workshops, briefings, and trainings are tailored for the family. From parenting to employment and Relocation Assistance to local information and referral the FFSC is your #1 resource for all your needs.

To military families around the world: You have the gratitude of your nation for your patriotism, your sacrifices, and for your daily contributions. In this season of Thanksgiving, it is appropriate to honor you who serve both at home and abroad in the defense of our wonderful “free” nation. **THANK YOU!**

NOVEMBER 2003

Monday	Tuesday	Wednesday	Thursday	Friday
3 Financial Planning 1100-1200 Stress Management 0900-1100	4 Transition Assistance Program 0800-1600	5 Smooth Move 0900-1100 Transition Assistance Program 0800-1600 Spouse Employment 1730-2030	6 Parenting Class 1300-1500 Transition Assistance Program 0800-1600	7 Divorce Workshop 1000-1100 Transition Assistance Program 0800-1600
10 Credit Management 1100-1200 Stress Management 0900-1100	11 Veterans Day 	12 Resume Writing 0900-1100 Starting Your Own Business 1300-1500	13 Parenting Class 1300-1500	14 Anger Management 0900-1200
17 Car Buying Workshop 1100-1200 Stress Management 0900-1100	18 Home Buying Class 1400-1700 Spouse Employment 0830-1100	19	20 Terrific Toddlers 1000-1200	21 Divorce Workshop 1000-1100
24 Stress Management 0900-1100 TSP/CSB Redux 1100-1200 Career Life Planning 1730-2100	25 Career Life Planning 1730-2100	26 Sponsor Training 0900-1100 Career Life Planning 1730-2100	27 Thanksgiving 	28
	Prevent Classes are available. Contact Dee Karling at 452-5990 ext 137.	Couples classes starting this month. Call 452-5990 ext 104		

Registration for classes is required. To register, call 452-5990, ext. 104.

FINANCIAL EDUCATION

Financial Planning

Time is costing you MONEY! Why wait any longer to start your Savings & Investment Plan? Learn the basics of savings and how to start building your investment portfolio.

Credit Management

Planning to make a major purchase or just curious about your credit? Your credit reports and your financial history should not be a mystery. Learn how to better maintain your credit file, correct inaccuracies through the major credit bureaus, and prevent identity theft.

Car Buying

Let us help you take the headache out of purchasing your next new or used vehicle. Do your homework before you pull into the dealer's lot. This class will help you learn the right way to purchase your next automobile.

REDUX and the \$30,000 Bonus

Service members, who joined after 31 July 1986 and reach their 15th year of service, have options to consider. Be informed.

RELOCATION ASSISTANCE

Sponsor Training

The Command Coordinator assigns a sponsor to new arrivals and their families. Sponsorship is an important responsibility and your efforts can make a difference in the transition to a new command. This class provides information for the sponsorship role.

Smooth Move

If you are moving soon, you do not want to miss this informative workshop. Topics discussed include Household Goods, Personnel Support Division, Housing, Legal, and Fleet and Family Support Center. Come and learn about your PCS entitlements!

Cultural Adaptation

Avoid culture shock after you arrive at your new overseas duty station!! Learn what is and is not acceptable in the country.

GENERAL LIFE SKILLS

Anger Management

How is anger affecting you and/or your relationships? This three hour workshop will illustrate the differences between anger, assertiveness, stress, and aggression. You will also learn general skills and practical techniques for managing anger.

Stress Management

Stress can damage your health, both physically and mentally. Learn how to recognize stress and become more productive, happier, and healthier.

TRANSITION ASSISTANCE

Transition Assistance Program

A four-day veterans' benefit information and employability skills seminar for retiring and separating military members and their spouses. Reservations must be made through your Career Counselor.

Resume Writing

Learn how to market yourself effectively through a well-written resume. Our resume specialists can help you convert your military skills to civilian skills.

Starting Your Own Business

The Small Business Development Center, along with the University of West Florida, is offering a monthly series of workshops about starting your own business. A different topic will be explored each month.

SPOUSE EMPLOYMENT

Career Life Planning

This class teaches you the fundamentals of finding the hidden job market and marketing yourself for a better job. This class is a three part series including skills assessment, resume building, marketing tools, and assistance in achieving a competitive edge in today's job market.

Spouse Employment Intake

This is a group intake that is designed to assist the military spouse in gaining a better understanding of the local job market. It includes information on federal job hunting, resume writing and volunteering. If you have a resume, please bring it with you.

PARENTING

Positive Parenting

Being an effective parent is one of the most rewarding tasks in life and is one of the most challenging. STEP (Systematic Training for Effective Parenting) provides a practical approach to raising children. This class will guide you to a philosophy of child training that more than three million parents have found to be effective.

Terrific Toddlers

Parenting a toddler is not for the weak and it is said that there is strength in numbers. Join us for a fun morning of activities, stories and information on development, discipline, potty training, temper tantrums and many more topics.

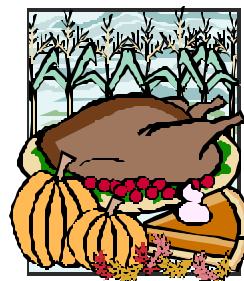
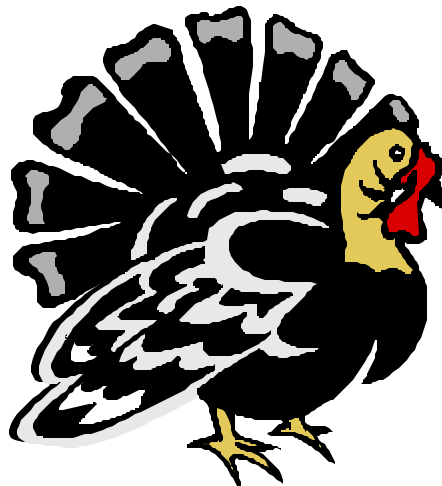
**NAVAL AIR STATION, PENSACOLA
FLEET AND FAMILY SUPPORT CENTER STAFF**

Candace Currier ext. 142	Regional Director	Michael Brady, ext. 112	Counselor
Pat Gibbs, ext. 141	Management Assistant	Jeanine DeCuir, ext. 105	Counselor
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Floyd Steiner, ext. 104	Information and Referral	Jim Gordon, ext. 110	Counselor
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Terry Harris, ext. 132	PFM Coordinator	Rose Slay, ext. 130	New Parent Support Team
Bobbie Simpkins ext. 118	Chief of Clinical/FAR	Yonna Diggs, ext. 125	SEAP
Lori Landau, ext. 115	Clinical Administration	J.R. Welcome, ext. 127	TAP/RAP/SEAP Manager
Desiree Fields, ext. 107	Victim Advocate	Jeff Bernard, ext. 128	TAP Specialist
Ronni Price, ext. 117	FAP Counselor	Rudy Ramos, ext. 129	TAP Specialist
Alice Pearson, ext. 116	FAP Counselor	Kathy Sims, ext. 124	RAP Specialist
Gracie Hargraves, ext. 120	FAP Counselor	Jean Hynes, ext. 123	RAP Specialist
Shawn Fitzpatrick, ext. 119	FAP Counselor	Shelia McNeely, ext. 149	TAP/Admin
Garland Hill, ext. 121	FAP Counselor	Jim Gardner, ext. 135	Military Debt Management Agency
Jimmy Williams, ext. 114	FAP Child Specialist	Dee Karling, ext. 137	PREVENT
Lucie Easley, ext. 114	FAP Child Specialist	Susan Frishkorn, ext. 134	AMVETS Services Officer
Dena Bethune, ext. 108	Ombudsman Assembly Chair	Dennis J. Kerr, ext. 111	Retired Activities Director

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Phone: (850) 452-5990, DSN 922-5990
Hours: 0700 to 1700, Monday - Thursday and 0700—1600, Friday

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Happy Thanksgiving



From the staff of The Fleet and Family Support Center